




I let the magic smoke out.



Chaz
 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>
2008-04-28 10:38:00

MOOD: 😊 bouncy

MUSIC: Happy Rhodes - Play the Game

It appears I need to buy a new juicer. Ooops. I guess the garage-sale model can't quite keep up with Chaz-level demands for carrot-ginger juice. (Mmm. Carrot-ginger juice.)

Maybe I should check out eBay.

I have a new breakfast smoothie, though, which is supposed to help stabilize blood sugar (Cinnamon, as we learned here some time ago, is good for that.). So, seeing as I am juiceless, this seemed like a good time to post the recipe.

1) Get out your blender. If you do not have a blender, see if you can buy one cheap off a recently married friend, because they probably have two or three going extra.

2) Into your blender, place:

- 2 cups of plain organic yogurt (I use full-fat, Brown Cow or Stonyfield Farm, because I need the calories and it tastes better. I like tart yogurt, which is why I stick to those brands. But you could use low-fat or vanilla and it would come out fine. Probably not coffee, though.)
- 1 cup milk or plain soymilk
- 2 tart apples, cored and diced (you could peel it, if you don't like little bits of skin in your smoothie, but fiber is good for you!)
- 1 cup applesauce
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp clove
- 1/4 tsp nutmeg

You could also add a dash of milk, apple cider, or apple juice if you wanted to thin it out a little. Or maple syrup, brown sugar, or frozen concentrated apple juice (not thawed or diluted), if you wanted it sweeter.

3) Whiz until smooth.

4) Drink! (Nom nom nom nom)

This probably serves two people, so you could cut the quantities in half pretty easily, or share it with a friend.

Failure modes: You do know how to operate a blender, don't you? You forgot to put the cover on the blender. You didn't dice the apple fine enough, or you left the core in it. (Yuck!)

TAGS: [recipes](#)



Three things!

1) Okay, O., She Wants Revenge = yes. It's like the Eighties rose up from the grave and came looking

Experimental Whole Wheat Green Chile Robot Bread #1

Yes, baking with your hands is more fun. And the results have a better texture, and taste better.

[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

6 comments



 [adarad](#)

[April 28 2008, 14:56:52 UTC](#)

[COLLAPSE](#)

Yum! That sounds like it could taste like apple pie without the crust... Mmm, pie.



 [cvillette](#)

[April 28 2008, 15:02:12 UTC](#)

[COLLAPSE](#)

Apple cobbler, once the ice cream has started to melt down into it. Kind of like that.

I really like your icon!



 [adarad](#)

[April 28 2008, 15:40:52 UTC](#)

[COLLAPSE](#)

Oooh, especially if you were to use the vanilla yogurt. That's so nommable. I think I need to get me a blender, for woe! I do not have one. Though the roommate does have one of those itty bitty magic bullet blender things from the infomercial.

Thanks! I've got a couple of them. Mythbusters FTW!



 [thefmaskmaker](#)

[April 28 2008, 18:36:47 UTC](#) [COLLAPSE](#)

I would happily share a starter for yogurt that cultures at room temperature, on the counter. No thermometers or other finicky stuff. And muuuuucho cheaper .

It's not a shoggoth, but it's related...



 [glinda_w](#)

[April 28 2008, 21:31:44 UTC](#) [COLLAPSE](#)

If I've not made yoghurt in a while, I just use a bit of Mountain High plain yoghurt, and the directions from *Laurel's Kitchen* involving canning jars and a heating pad covered with a towel. Unfinicky, and with my arthritis etc. I've got a spare heating pad anyway :)

Hm. Maybe I'll start some yoghurt after "payday" (3rd of the month or weekday before for Social Security recipients)...

 [jennythe_reader](#)

[April 29 2008, 03:45:06 UTC](#) [COLLAPSE](#)

Considering how much I despise yogurt, that should not sound nearly as good as it does.